

The effect of mindfulness techniques training on anxiety and sport performance among table tennis playersAli Ojaghi ^{1*}, Hossein GHolizade ², Lamia mirheidari ³¹Department of Physical education, Shabestar Branch, Islamic Azad University, Shabestar, Iran² phd student of counselling³Department of Physical education, Tabriz Branch, Islamic Azad University, Tabriz, IranEmail: a_ojagi2005@yahoo.com , hossein_gholizade@yahoo.com , lamiamirheidari@yahoo.com

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Abstract: This study examined the effectiveness of mass consciousness on anxiety and sports performance training techniques table tennis players. The study sample consisted Table tennis players of all adults in the East Azerbaijan province of professional in one of the clubs in the Premier League or First Division were active.

Of those 40 players, for example, the way the sample was selected, the 20 patients randomized to the control group, And 20 patients in the experimental group were replaced. Competitive State Anxiety was used questionnaire for data collection (CSAI) and universal consciousness Assessment Scale (MAAS). For data analysis was used, analysis of covariance-way (ANCOVA). The results showed that the test group, universal consciousness training, sports performance tennis player stop be significant (20/22 = F; 001/0> p) increases. Subs quant findings showed that over all awareness of education anxiety was reduced in the experimental group significantly (74/7 = F; 001/0> p). Finally, the findings suggest that the wide pried awareness training techniques, variable rates-the process of change was found a significant increase (12/16 = F; 001/0> p).

[Ali Ojaghi, Hossein GHolizade, Lamia mirheidari. **The effect of mindfulness techniques training on anxiety and sport performance among table tennis players.** *Life Sci J* 2013;10(1s):225-230] (ISSN:1097-8135). <http://www.lifesciencesite.com>. 37

Keywords: sports performance, anxiety, global awareness.

1. Introduction

Currently running sports scientists interested in the psychological effects of different variables that affect athletic performance show.

One of the variables that are closely associated with athletic performance, the location of athletic sports competition anxiety will appear.

Findings on the relationship between stress and performance anxiety and suggests athletes have a negative impact on performance anxiety.

Tension is defined as 'integrate wide range of experiences, including memories, thoughts, evaluation, and comparison among other social» (Hayes, Wilson, Gyfvrdand Fvlt, 1996)

Most studies have been conducted on the role has shown anxiety and negative effect on the athletic performance of athletes.

For example Hantvnet al (2004) showed that cognitive anxiety and somatic anxiety athletes approached the competition and increase their self-esteem drops.

Significant negative relationship was achieved between competitive anxiety and sport performance.

Results Abolghasem et al (1385) also showed a significant negative relationship between competitive anxiety and sport performance athletes there.

But in some other studies in this regards weak (Craft et al, 2003) have been reported, and some studies have also shown.

Athletes who perform better than those who have moderate anxiety levee laree higher low.

On the other hand, people who have low anxiety perform better than those who have high anxiety (Martens et al, 1995) and are emphasized the non-linear and complex relationship between anxiety and performance.

With these issues in mind sports sociologists have tried to modify and manipulate the anxiety and hence increase athletic performance solutions provider.

Applied Sport Psychology, competitive athletes in their quest for increased performance, the tradition a methods of cognitive based behavioral techniques to increase restraint use has these methods are generally considered to increase this kills of (Whelan, Mahoney, and Meier, 1991).

In contrast, there cent theory of behavioral (third wave behavior therapy), the profession of psychology on are emphasized variables such as values, tolerance and global awareness.

Techniques of conscious pervasive today as aments control negative emotions in order to use Maximum capacity and skill athletes in competitive scene has found widespread use.

Karat-Saddle conscious attention to the surround particular way, objectively, without judgment or prejudice has defined the current time (Segal, Williams and Tyzdl, 2002).

Meditation is a form of universal consciousness that is root edits the teachings of Eastern religions, especially Buddhism is religious (He, 2008).

based exercises and techniques through ha universal consciousness to be aware of your daily activity, The automatic function of past and future in the world of the mind and the consciousness becomes conscious moments of thought, Control their motions and physical states of mind, daily and automatically finds and focuses on the past and future of the left (Segal et al, 2002).

You can surround vigilance in controlling anxiety and other negative state in competitive situations may arise-may play an important role (Roomer and Arsylyv, 2007; Atai Nakhaei et al, 1388) and there for can have a positive impact on athletic performance.

In addition, studies show to pervasive awareness straining has a positive effect on athletic performance.

Gardner and Moore(2004, 2006, and2007)with a combination of specific components and related interventions alert broad-based acceptance, Intervention program to increase a wariness and adoption of a comprehensive approach to its performance and called alertness founded inclusive-Compliance-Commitment(MAC).

These programs help, insists non-judgmental attention to their laities happening in the skills development and self-control that is associated with optimal performance.

The two case studies conducted and reported that their teaching practices planned programs of awareness in the present moment, Improve the performance and joy in participant's athlete (Gardner and Moore, 2004).

Psycho the reputed cap preach based cognitive skills training (PST) in improving the performance of traditional, It was assumed that the optimal performance through the development of the ability to control the internal state, cognitive, emotional, and emotions, in order to achieve the necessary internal state (Hardy, Jones and Gould, 1996).

The intervention aims to achieve optimum control of inner experiences in the preparation for athletic performance, The PST by behavior AL techniques-traditional knowledge, took place such as arousal control in terventions, target selection, training, mental imagery, and interventions.

In contrast to these interventions, the approach is based on the acceptance of different views.

This means that optimal performance requires no inner reduction mode and instead requires awareness

without judgment (i.e., neither good nor bad) moment and accepting inner.

Most of what ever state is established, And focusing attention on externals tumuli as associated with the chosen assignment, and sports efforts to support behavior that is greater, Exercise more.

In fact, Review of the empirical literature psychology sociology sports clearly shows that despite30 years of research interventions PST traditionally did not attain there quire performance-have(Gardner and Moore, 2004, 2006).

However, recent studies on the relationship between exercise and mental alertness of confirm that over all athletic performance (Gardner and Moore, 2004, 2006; K. and Wang, 2008).

The researchers found that over all awareness of the present moment is to focus on the psychology of peak per for mincing sports (Ravish, 2002), Situation in which athletes maximize performance and minimize the negative aspects of the experience.

Study Wang (2008) that was based on an approach to cluster analysis revealed Athletes who have a tendency to be more in collusive consciousness to the extent they are more likely to experience peak mode.

In addition, this research connection tested between wide spread awareness and skills-intellectual.

They show that them or inclusive group consciousness with the universal consciousness compared with the group with less,

The sign if I cancel of the choice of mental skills such as attention control, emotional control, target selection and performance measured by test strategies-they are gain higher (Thomas, Murphy, & Hardy, 1999).

In a study by Gvdynng and Gardner(2009)percentage was to assess the relationship between global vigilance, arousal adjective, and basketball free throw, Showed that free throw skills, experience in this field, and the universal consciousness, which have the ability to predict the percentage of free throws, If the trait arousal, lack the ability to predict the free throw.

With regard to the education and interventions have been evaluated in a broad-based awareness of the range of interventions is unknown, Accordingly, the present study aimed to study the effect on anxiety and increase sports performance training techniques encamp passing consciousness table tennis players will do, In addition to the effects of the so interventions, the starting point for other research in this field in Iran.

These research projects are among all experimental research designs.

In this study, pre-test -post-test control group was used.

2. Population, sample and sampling

The study sample consisted of all adult table tennis players in the East Azerbaijan province that the professional clubs in the Premier League or First Division was active. Of those 40 players were for example the sampling method, the 20 patients randomized to the control group and 20 patients in the experimental group were replaced.

A - Way (ANCOVA) was used for data analysis, descriptive statistics such as mean and standard deviation of the practices and inferential statistics, including analysis of covariance. Data were analyzed using SPSS-20.

3. Research tools

Competitive State Anxiety Inventory (CSAI): the questionnaire Martnz et al (1990) has been developed for the measurement of competitive anxiety And consists of 27 statements that both cognitive and somatic anxiety and self-esteem sports can be evaluated. Any statement based on like scale of 4 degrees is grading scores obtained for each sub scalar angels from 9 to 36. All items except 14 are directly scoring higher scores in dictating higher levels of anxiety. Cranach's alpha coefficient for internal consistency is obtained for cognitive anxiety 0.89 and for fitness and confidence 0.92 (Fylayr et al, 2009).

Pandemic alert scale assessment (MAAS): This scale as developed in 2003 by Brown and Ryan and Grading is based on like scale ranking is 6. Minimum of 15

and maximum score is 90 points above the mind fullness higher. The scale assess automatically without spending a person's ability to function according to the Current Activity. The scale of mind fullness awareness so emotion, Experiences, activities, regardless of their circumstance, do not focus on the activities, are Activities carried out twitch out the knowledge and awareness of the onset and end of daily activity, report Study of internal consistency using Cranach's alpha of this scale between 0.82 and 0.87 (out, 1388).

Sports Performance: To measure performance, sports, table tennis players, each player in the five-match test was performed before, to better evaluate the performance of each game and the score was 11 all together, and regardless of the outcome of the game was scored for individual notes. The same procedure was repeated after the intervention ambient intelligence gathering in dividable scores as the score would be considered athletic performance.

4. Results

To study the effects of mind fullness training on sports performance anxiety was used while using descriptive statistics and one-way analysis of covariance.

Descriptive statistics on each of the dependent variables is given in Table 1.

Table 1. Descriptive statistics on each of the dependent variables

After the Test		Before the Test		Group	Variables
Standard deviation	Average	Standard deviation	Average		
5.65	27.60	9.89	33.45	Experiment	Anxiety
9.69	33.30	8.82	32.70	Control	
7.10	56.35	7.64	50.40	Experiment	Mind Awareness
9.20	51.55	9.62	51.40	Control	
6.27	47	7.40	42.15	Experiment	Sports Performance
7.35	43.70	6.23	41.65	Control	

Accordance with Table 1, in test after test anxiety scale scores dropped while the scale scores of the mind show awareness and enhances athletic performance. The analysis of research hypotheses and to determine the effect of the independent variable (Teaching techniques mindfulness) independent variables (exercise, anxiety and mindfulness) Analysis of covariance (ANCOVA) was used.

Is shown in Table 2, variance Errors one Value at studied groups. Also, the slope of the regression test and control groups is homogeneous In other words, the interaction between the auxiliary variable with the independent variable in predicting the dependent variable is not significant And the experimental and

control groups were sampled from a normal population.

Table 3 has been shown Results of analysis of covariance effects of mind fullness training on competitive anxiety.

As can be seen in Table 3, Scores of pre-test-post-test groups for the variables of competitive anxiety ($F_{73/173} = F; 0.01/0 > p$) there and the mean score of the experimental group variable competitive anxiety ($F_{20/22} = F; 0.01/0 > p$) is also significantly more than the control group. The square obtained, it can be said mind fullness training, and competitive anxiety explained 37% of the variance. The result in Table 4 is shown Analysis of covariance effects of mind fullness training on exercise performance.

Table 2. Assumptions of covariance analysis

Normal Gradient (Kolmogrov-Smirnov)				Homogeneity of Regression		Homogeneity of Variance		
Control		Experiment		P	F	P	F	
P	Statistics	P	Statistics					
0.14	0.15	0.14	0.17	0.34	1.09	0.06	4.48	Anxiety Competitive
0.07	0.18	0.20	0.13	0.24	1.38	0.33	0.94	Mind Awareness
0.20	0.13	0.20	0.14	0.80	0.06	0.73	0.11	Sports Performance

Table 3, has been shown Results of analysis of covariance effects of mind fullness training on competitive anxiety

Square	Significant	F	Mean Square	Degrees of Freedom	Total Square	
0.78	0.000	137.73	1884.70	1	1884.70	Before the Test
0.37	0.000	22.20	303.79	1	303.79	Group

Table 4. has been shown Results of Analysis of covariance effects of mind fullness training on exercise performance

Square	Significant	F	Mean Square	Degrees of Freedom	Total Square	
0.70	0.000	89.39	1256.24	1	1256.24	Before the Test
0.17	0.000	7.74	108.90	1	108.90	Group

According to Table 4, Scores of pre-test-post-test groups for the variables of competitive anxiety (39/89 = F; 001/0> p) there and the mean score of the experimental group variable exercise performance (74/7 = F; 001/0> p) is also significantly more than

the control group. According to the obtained Chi-Square, mind fullness training can be said; explaining that 17 percent of the variance in exercise. Table 5 Results of covariance has been shown analysis of the effects of mind fullness training on mind fullness.

Table 5. Results of covariance has been shown analysis of the effects of mind fullness training on mind fullness

Square	Significant	F	Mean Square	Degrees of Freedom	Total Square	
0.72	0.000	95.40	1851.48	1	1851.48	Before the Test
0.30	0.000	16.12	312.84	1	312.84	Group

Accordance with the Table of Contents Table 5, Scores of pre-test-post-test for two groups of variables mind fullness (40/95 = F; 001/0> p) there Average score for the experimental group and mind fullness variable (12/16 = F; 001/0> p) is also significantly more than the control group. Atay Square obtained He can teach mind fullness, mind fullness explains 30% of the variance.

5. Conclusion

This study examined the effectiveness of mass consciousness on anxiety and sports performance training techniques table tennis players. First, the present study demonstrated that pervasive awareness training in the experimental group significantly increased their exercise performance tennis players. This finding is consistent with research by Gardner and Moore(2004, 2006, and2007), Kay and Wong (2008) and Shvanhavzr (2009).In an effort to provide a reasonable show that basis for the findings associated with competitive sport, Marquez (2008). Through repeated practice, the control and the experimental acceptance and awareness practice by practice on in collusion, Athletes may automatically detect and redirect their attention is enabled to the process of stimulus sensations with out ignoring the irrelevant external information or internal

information related to your body(for example, self-excitation). The empirical support for this view, have shown Chambers and colleagues(2008)The increased global awareness, to safe guard the interests transferred, Features such as the ability to change their focus of attention between stimuli associated with the definition. Additional data support the hypothesis Marquez, were provided by Brfzynsky-Lewis and colleagues (2007). Researchers, when meditating study participants experience vs. Less experienced meditators who found that Automate the process of meditation experienced users may notice smoother path to all coaters ounces efficiently. In this regard, increased levels of focused attention can happen generally low levels of arousal(i.e., attempts to reveal).From these findings it can be inferred that by directing resources to be quite stable, And reduce the possibility of engaging in "parasites" cognitive side-like cognitions and emotions, random elite athlete, or increasing their knowledge of the context(i.e., environment alcoves as associated with competitive sports) maintains, At the same time, tensions with the assignment keeps your attention. Based on the experimental findings and studies have the relationship between exercise universal consciousness neural study shave, Can reason ably be

in furred (Marquez, 2008, see) the exercise of universal consciousness may be very good, will facilitate cost-effective mode of growth through the allocation of cognitive resources (in particular). It should be noted that the automated processes that Training inclusive consciousness during the experience of being fully control-based approach is often considered the traditional PST distinct. In general, the table tennis game that requires a lot of conscious focus, Training inclusive consciousness can eliminate the biases and moment to moment awareness, improve individual performance. Subsequent findings showed that overall a wariness training significantly reduced anxiety levels for the experimental group. These research findings are consistent with Nakhaei Atai et al (1388), Frond (2005), and Roemer and Arsylov (2007) and yet noting line with their studies Gvdyng and Gardner (2009). Techniques based on mass consciousness, in addition to the increase in the moments of its have shown effectiveness in reducing the part of speech-language anxiety (and Arsylov Romer, 2002). In this regard, a number of studies, the idea that the concerns (the main features of anxiety) and overcome by increasing cognitive activity, and low levels of mental imagery and automated activities are clearly explained and the results have been described (Lynnfield et al, 1995). This can be particularly important for the athletic population. If one of the studies have shown decreased levels of left hemispheric activity, suggests that lower levels of linguistic activity. Golf athletes with high performance is verbal (Cruise inlanders, 1993). Athletes in other studies with similar results have been observed in archery and pistol (Janl, Hylhn, and Hatfyld, 2000). Campbell Research-Sylzet al (2003) show that people who have a lot of anxiety, emotional acceptance (as one component of a comprehensive awareness) are less than the control group. Instead of accepting their thoughts try to avoid emotions and mental images. Instead of anxious thoughts and feelings without judgment and judgment to respond—that is a feature of the mind-to experience show the excitement, negative reactions (such as fear, excitement) (Mnyn et al, 2005). The concerns of the people and their negative emotional responses is associated with low levels of global consciousness. Another empirical relationship between anxiety and avoidance of things is universal consciousness. Experiential avoidance structures that can be used in order to avoid painful experiences. Studies have shown that people are often anxious are used these structures (Hayes et al, 1996). Avoidance not only does not solve the problem, but trying to avoid feelings. Thoughts and unpleasant physical sensitivities, they will increase infrequency. And thus be more distressed

person (Wen hair and Wegener, 2000). Consciousness that is pervasive features such as Qsdmndanh focus on the present, Experience, flexibility, curiosity, and acceptance that defines avoids conflicting with the general structure and it is obvious that education can reduce vigilance and avoid an clearing experience and consequently may lead to anxiety.

And finally the end result would indicate that the universal consciousness techniques, of these variables—the variables change process—had increased sign if scanty. Obviously, a comprehensive training and wariness strategies on this variable in the test group had a positive effect. Changes in the sport of table tennis players can be seen by the change in mass consciousness. And increased a wariness and concern related to the steady increase in work (Davidson et al, 2003), leads Increase alertness and improve attention bias (Jha, Krvmopyngr, and Baym, 2007).

This study like other studies had some limitations among which may be mentioned the following: Although the present study was to assess the performance of the competition But the best league in the country, rat least the county to be used for future research. Also inn on-competitive performance in terms of blows was used service desk on a particular point (e g, a square 10 by 10 cm). Lack of cooperation from some of the other limitations of this study was to sports clubs.

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12/24/2012